

Sunshine Salad5

Number of Servings: 5 (123.47 g per serving)

Amount	Measure	Ingredient
1/4	oz	Gelatin, lemon, sug free, low cal, dry mix, svg
9.00	Tbs	Water, municipal
7.00	tsp	Juice, pineapple, unswtnd, w/add vit C, cnd
1/3	cup	Water, municipal
1 1/3	cup	Pineapple, crushed, w/juice, cnd, drained
9.00	Tbs	Carrots, fresh, grated
1/3	cup	Celery, fresh, diced

Nutrients per serving

Nutrition Facts	
Serving Size (123g)	
Servings Per Container	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 1g	
Vitamin A 45%	Vitamin C 15%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

* Drain pineapple and SAVE PINEAPPLE JUICE for cold liquid in recipe above (cold liquid should equal the same amount as the first water listed above, which will be the hot water in the recipe).

Any amount of P/A juice drained plus water added to equal the total cold liquid is okay; in other words, use up all the drained juice and add water to get the correct volume.

Bring the first volume of water in the recipe to a boil and pour over gelatin. Stir until dissolved.

Add drained P/A juice with just enough water added to equal same volume as first (hot) water in the recipe. Put the P/A-water mixture to the dissolved gelatin. Stir. Chill while preparing vegetable.

Grate carrots and dice celery and mix with drained pineapple. Place fruit and vegetables in 2 counter pans 12X20X2 inches (for 50 servings; cut each pan 5X5 or 4X6 when set).

Pour 1/2 of cooled gelatin liquid over fruit and vegetables in each pan. Place in refrigerator to congeal for next day service.

Each serving will be ~3/4 cup to = 1/4 cup gelatin and 1/2 cup fruit/vegetable = 1 fruit/vegetable serving.